

# Follow-Up Session: Positive HCV

Protocol Components
Goal 1: Orient to Session and Provide Test Result
Goal 2: Identify Sources of Support and Provide Referrals
Goal 3: Address Risk Reduction Issues
Goal 4: Summarize and Close the Session

## Positive HCV

### Goal 1: Orient to Session and Provide Test Result

Protocol	Example
1. Introduce yourself to client ( <i>if first meeting with client</i> ).	Hello, my name is _____ and I will be your Risk Reduction Specialist today. What may I call you?
2. Re-explain confidentiality.	As before, everything we discuss today will remain confidential.
3. Verify the result belongs to the client.	May I see your card to match the numbers on the result slip?
4. Assess client's readiness to receive result.	Are you ready to look at your result?
5. Provide result clearly and simply.	<b>This test result shows that you <u>had</u> Hepatitis C. Further tests will be needed to see if you still do. A small percentage of people are able to clear the virus on their own.</b>

## Positive HCV

### Goal 1: Orient to Session and Provide Test Result, cont'd.

Protocol	Example
6. Allow the client time to absorb the meaning of the result. <i>Allow attentive silence</i> and respond to client's emotions and needs.	
7. Explore client's understanding of the result.	What questions do you have about your result?
8. Assess how the client is coping with the result.	How are you feeling about this?
9. Address immediate concerns and fears.	What are you most concerned about right now?
10. Acknowledge the challenges of dealing with a positive HCV result.	This can be difficult.
11. <i>If applicable</i> , provide (or ask about) other test results and address additional concerns.	<i>As appropriate, provide other test results (Gonorrhea, Chlamydia, Syphilis, HIV).</i>  <i>(If not known)</i> , what were the result(s) of your STD/HIV tests?  <i>Follow-up Question:</i> What do these other results mean to you?

## Positive HCV

### Goal 2: Identify Sources of Support and Provide Referrals

Protocol	Example
1. Assess who the client would like to tell about his/her positive test result.	This is very private information. Who might you be comfortable sharing this with? <i>Follow-up Questions:</i> How do you think s/he will react? What do you think s/he will say?
2. Discuss wellness strategies or “living positively”. <i>(If the client is not prepared for this, offer him/her printed materials for later review.)</i>	People who take care of themselves often do very well with HCV. What have you heard about how people live with HCV?
3. Identify a family member or friend to help the client deal with HCV.	How you maintain your health is going to be very critical. Who will support you?
4. Address the need for health care providers to know client’s test result.	It is important for you to discuss this test result with your doctor so s/he can give you the best care possible. Many drugs, even over-the-counter drugs, can be harmful if your liver is damaged by HCV.
5. Identify current health care resources.	Where do you go now when you need medical attention? <i>Follow-up Question (if applicable):</i> How difficult is it for you to get there?

## Positive HCV

### Goal 2: Identify Sources of Support and Provide Referrals, cont'd.

Protocol	Example
6. Assess the client's receptiveness to referrals.	What services are you interested in receiving that can help you?
7. Provide referral to confirm HCV presence.	A small percentage of people who test positive will clear the virus from their system; to find out if that happened for you, I want to send you to <i>(someone/agency)</i> for additional tests.
8. <i>If applicable</i> , address HCV ambiguity for clients who defer referral to confirm ongoing HCV infection.	Unless you have a test that proves otherwise, let's assume you are infected and go from there.
9. <i>If applicable</i> , help the client access referral services.	Here are some options for care <i>(provide referral options)</i> . I can call now to set up an appointment. When would you like to go?

## Positive HCV

### Goal 3: Address Risk Reduction Issues

Protocol	Example
1. Refer to client's risk reduction step.	<p>We've talked about getting you into medical services, now let's talk about living healthy. How have you been doing with the risk reduction step we developed when you first came in for the test?</p> <p><i>Follow-up Questions:</i> Which parts of the step were difficult?</p> <p>How do you think you might make your step stronger?</p> <p>What does this result mean for your risk reduction step?</p>
2. Assess client's plan to reduce risk of transmission.	<p>Sharing works and, to a much lesser extent, having sex can pass HCV to others.</p> <p>What steps will you take to keep from passing on the infection to others?</p>
3. Encourage client to protect him/herself from additional liver damage.	<p>Once the liver is infected, any use of alcohol or other drugs, even some over-the-counter drugs, can really be damaging. How will you manage that?</p>

## Positive HCV

### Goal 3: Address Risk Reduction Issues, cont'd.

Protocol	Example
<b>4. Address disclosure of HCV status to current and future partners.</b> <i>(Note: Health Department notification is not conducted for persons who test positive for HCV)</i>	What will you tell your partners about having Hepatitis C?
<b>5. Revise or develop a new SMART risk reduction step.</b>	Given everything we've just talked about, what specific step could you take in the next few weeks to keep you and/or your current or future partners safe?  <i>Follow-up Question:</i> How realistic does it seem to you?
<b>6. Document the revised/new risk reduction step with a copy to the client.</b>	Let's write down the step that we talked about.

## Positive HCV

### Goal 4: Summarize and Close the Session

Protocol	Example
1. Validate client feelings.	This can be overwhelming; at the same time, there are very few decisions you have to make right this minute.
2. Summarize key issues addressed.	We talked about a lot of things today that will help you remain healthy. We also talked about the importance of protecting and informing your partners. What else do we need to talk about before you leave?
3. Review client and RRS contact information.	Let me make sure you know how to contact me if you need to. Let me be sure I know how to reach you ( <i>review phone number, address</i> ).
4. Get the client's immediate plans.	Where do you plan to go when you leave here?  <i>Follow-up Question:</i> What about the next couple of days?
5. Close the session.	If you have any questions or if you forget something, be sure to call. Thanks for coming in.